GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

TOMATOES

Wise selection of tomatoes for the home gardener is most important now. Whether you want to eat or can these tomatoes is of the utmost importance when you select your variety.

I wish to remind home gardeners that four tomato varieties - Ace, Ace 55 VF, Cal Ace and Garden State - are not recommended for home canning. These were the four varieties of the 58 that were screened which were found to be too low in acidity to prevent activities of clostridium botulinum spores.

The above four varieties are fine for table use, but it would be unwise to can them and expect them to have the keeping qualities of other varieties of tomatoes which have more acid. Publication MF 141, entitled "Tomatoes," suggests adding ½ teaspoon lemon juice or ¼ teaspoon citric acid per pint to increase the acidity of tomatoes. Recent studies have confirmed the effectiveness of citric acid at that level, but have found that it would be necessary to use a tablespoon of bottled lemon juice rather than a teaspoon to get any significant change in the acidity.

People assume that processing under pressure makes the product safe, but there is not research to prove this. One of Virginia Tech's graduate students found that it took 35 minutes of processing at five pounds pressure, 25 minutes at 10 pounds pressure, and 15 minutes at 15 pounds pressure, to bring the temperature in quart jars of raw packed tomatoes up to 100°F. This equals the temperature reached in 45 to 50 minutes of water-bathed processing. It is adequate to kill yeast and mold, but not botulinum spores.

Tomatoes have always been classified as an acid food which can be safely processed in a boiling water bath canner. Since the new varieties have been developed for the home gardener who would like a less acid tomato for table use, we have had problems with the keeping of tomatoes which have been canned. Be sure when you plant your tomatoes this spring that you are getting a variety that is acid enough to can safely.

If you have questions, please call or write our office. We will be happy to help you. As of this time only the four varieties mentioned above are questionable for home canning.

Should you have a homemaking question or problem, please call or write the Appomattox County Extension Office. Our phone number is 352-8244 and our address is P. O. Box 488, Appomattox, Virginia 24522. Have a good week!

RECIPE OF THE WEEK

Cinnamon Bubble

10-12 Maraschino cherries (quartered)
1½ sticks of butter
½ cup brown sugar
1 cup white sugar
1 teaspoon cinnamon
1 pkg. frozen Parkerhouse Dinner Rolls
¾ cup nuts

Place ½ cup of nuts and cherries in bottom of an ungreased tube pan. Melt ½ stick of butter and ½ cup brown sugar and pour on top of cherries and nuts. Melt 1 stick of butter and add 1 cup of sugar and cinnamon. Roll frozen rolls in this mixture and place tightly around in pan. Sprinkle remaining nuts on top. Let rise overnight. Bake at 350° F. for 30 - 35 minutes. Run knife around edges and invert quickly onto plate.

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"The Lighthouse Trio" To Present Concert At Red Oak

"The Lighthouse Trio", a group of singers from the Leesville Road Baptist Church in Evington, will present a program of religious music at the Red Oak Baptist Church on April 30th at 7:30 p.m.

The group has been singing together for about five years. All of them are soul-winners and witness wherever they go. They seek to sing only songs that magnify our blessed Lord and Saviour.

The public is cordially invited to attend.

Rev. Taylor Named Mental Health Chairman

Rev. A. M. Taylor of Pamplin was named Mental Health Chairperson for the May, 1978 campaign, announced Isabel G. Brenner, President of the Mental Health Association of Virginia.

As Chairperson, Rev. Taylor will recruit volunteers who will go house-to-house during May.

The Mental Health Association is a citizens' volunteer organization, with members working to inform the public about mental illness and mental health and working to assure the adequate provision of mental health services in communities across the State.

As citizen advocates, the Association is working for a greater emphasis on chidlren in state mental health programs.

The Mental Health Association believes that education is a key factor in preventing mental health problems, and offers free literature to the public on alcoholism, children's mental health, sexuality, depression and other mental health topics. For information, write to the Mental Health Association of Virginia, 1806 Chantilly St., Suite 203, Richmond, Va. 23230.

A BIG THANKS!

The Appomattox County Girl Scout Unit and all of their Girl Scouts would like to say a "great big thanks" to everyone who bought cookies from us this year.

It was greatly appreciated.

Appomattox County
Girl Scout Service Unit

CERTIFICATE OF RECOGNITION

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:
GENERAL FEDERATION OF WOMEN'S CLUBS WEEK 1978

WHEREVER THE CREATION AND ENCOURAGEMENT OF BEAUTY, THE PROTECTION OF NATURE, THE BETTERMENT OF SOCIETY OR COMPASSION FOR THE LESS FORTUNATE ARE AT ISSUE, THERE WILL BE FOUND MEMBERS OF THE VIRGINIA FEDERATION OF WOMEN'S CLUBS.

ACCORDINGLY, I CALL TO THE ATTENTION OF ALL VIRGINIANS THE PERIOD APRIL 24-30, SET ASIDE BY THE ORGANIZATION AS GENERAL FEDERATION OF WOMEN'S CLUBS WEEK.

John N. Dalton, Governor

Rev. Trimyer Attends APC Meeting in Dayton

The Rev. William L. Trimyer of Elon Baptist Church, Pamplin City, and co-author of a book just released entitled "Colors of the Mind," published by Skipworth Press, was in attendance at the 10th Anniversary Annual Meeting of the Academy of Parish Clergy at the Bergamo Center, Dayton, Ohio, April 18-20.

The Academy is an interfaith, voluntary, and self-governing association of clergy, committed to systematic and continuing professional growth.

The theme of the meeting was "Clergy-Call and Consciousness," and dealt with topics as "Intentionality in Ministry," "The Readiness for Ministry Project" of the Association of Theological Schools, "The New Role of the Parish Pastor in Wholitic Health Care," "Women Today," "The Call to Minister" and Colleague and Support Groups."

Local clergy interested in securing information about the Academy can write to: The Academy of Parish Clergy, Post Office Box 86, Princeton, N.J. 08540.

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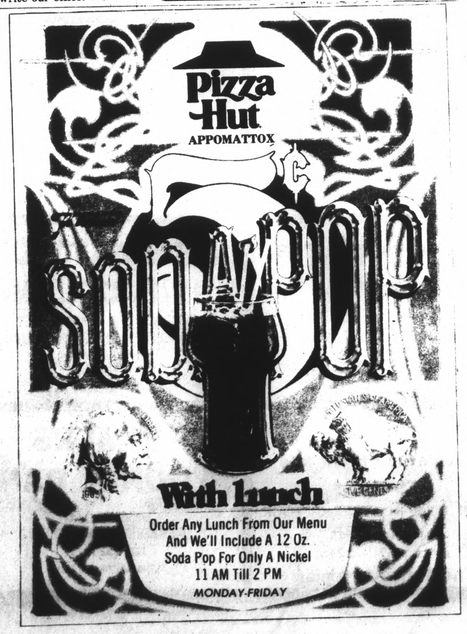

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